

Monday

CYCLING 5:30 a.m.
cycle room with Amy

Silver Sneakers
MSROM @ 8:30 a.m.
Room 1 with Kathy

C.S.T. 8:30 a.m.
gym 3 with Joe

SHALLOW WATER
AEROBICS 9:30 a.m.
indoor pool with Carolyn

CYCLING 9:35 a.m.
cycle room with Jewell

DANCE FUSION
9:35 a.m.
gym 3 with Ruth

BLT 9:35 a.m.
gym 1 and room 1 with Joe

DEEP WATER
AEROBICS 10:30 a.m.
indoor pool with Jan

AB LAB 10:40 a.m.
room 1 with Jewell

TBS 10:40 a.m.
gym 3 with Christy

Tuesday

BOOTCAMP 6 a.m.
gym 1 & 2 with AD

SHALLOW WATER
AEROBICS 8 a.m.
outdoor pool with Mary

CYCLING 8:30a.m.
cycle room with Joe

VINYASA YOGA
9:15 a.m.
room 1 with Terry

***Silver Sneakers**
MSROM @ 9:35 a.m.
gym 3 with Jewell

SWITCH 9:35 a.m.
cycle room with Amy

BOOTCAMP 9:35 a.m.
gym 1 & 2 with Ruth

AB LAB 10:40 a.m.
room 1 with Amy

STEP 10:40 a.m.
gym 3 with Nancy

GENTLE/SENIOR
YOGA 11:40 a.m.
room 1 with Sondra

Wednesday

CYCLING 5:30 a.m.
cycle room with Bilo

VINYASA YOGA
6:30 a.m.
room 1 with Sondra

SHALLOW WATER
AEROBICS 8 a.m.
outdoor pool with Mary

C.S.T. 8:30 a.m.
gym 3 with Amy

Silver Sneakers
MSROM @ 8:30 a.m.
room 1 with Kathy

SHALLOW WATER
AEROBICS 9:30 a.m.
indoor pool with Carolyn

ZUMBA @ 9:35 a.m.
room 1 with Kathy

CYCLING 9:35 a.m.
cycle room with Amy

BLT 9:35 a.m.
gym 1 and room 1 with Nancy

TBS 10:40 a.m.
gym 3 with Jewell

AB LAB 10:40 a.m.
room 1 with Nancy

DEEP WATER
AEROBICS 10:30 a.m.
indoor pool with Jan

SILVER STRENGTH
11:40 a.m.
gym 3 with Jewell

Thursday

BOOTCAMP 5:30 a.m.
gym 1 & 2 with Bilo

SHALLOW WATER
AEROBICS 8 a.m.
outdoor pool with Mary

MAT PILATES 8:30 a.m.
room 1 with Cindy

CYCLING 8:30 a.m.
cycle room with Ruth

SWITCH 9:35 a.m.
cycle room with Alison

***Silver Sneakers**
MSROM @ 9:35 a.m.
gym 3 with Jewell

TURBOKICK @ 9:35 a.m.
room 1 with Ruth

STEP 10:40 a.m.
gym 3 with Kim

GENTLE/SENIOR
YOGA 11:40 a.m.
room 1 with Sondra

Friday

CYCLING 5:30 a.m.
cycle room with Fran

VINYASA YOGA
8:15 a.m.
room 1 with Laura

SHALLOW WATER
AEROBICS 9:30 a.m.
indoor pool with Carolyn

CYCLING 9:35 a.m.
cycle room with Ruth

Silver Sneakers
CARDIO CIRCUIT @
9:35 a.m. room 1 with Kathy

DEEP WATER
AEROBICS 10:30 a.m.
indoor pool with Jan

TBS 10:40 a.m.
gym 3 with Jewell

AB LAB 10:40 a.m.
room 1 with Ruth

SILVER STRENGTH
11:40 a.m.
gym 3 with Jewell

Saturday

MAT PILATES 8:30 a.m.
room 1 with Cindy

DEEP WATER
AEROBICS 8:30 a.m.
indoor pool with Jan

CYCLING 8:30 a.m.
cycle room with Joe

BOOTCAMP 8:30 a.m.
gym 3 with Alison

AB LAB 9:35 a.m.
room 1 with Joe

ZUMBA @ 9:35 a.m.
gym 3 with Kathy

CYCLING 9:35 a.m.
cycle room with Amy/Melissa

TBS 10:40 a.m.
gym 3 with Amy/Melissa

Sunday

AB LAB 12:30 p.m.
room 1 with Amy/Melissa

***TREKKING** 1 p.m.
Upstairs Cardio with Amy/Melissa

ZUMBA GOLD @ 1:30 p.m.
room 1 with Kathy

VINYASA YOGA 2:35 p.m.
room 1 with Katie

Group Fitness Schedule
GERMANTOWN
★ ATHLETIC CLUB ★

CYCLING 12:15 p.m.
cycle room with AD

TBS 5:30 p.m.
gym 3 with Melissa

BOOTCAMP 5:30 p.m.
gym 1 & 2 with AD/Ruth

SHALLOW WATER
AEROBICS 6 p.m.
indoor pool with Karen

CYCLING 6 p.m.
cycle room with Amy

VINYASA YOGA
6:40 p.m. room 1 with Sondra

ZUMBA @ 5:30 p.m.
gym 3 with Elizabeth

CYCLING 5:30 p.m.
cycle room with Joe

RAISE THE BAR 5:30 p.m.
room 1 with Melissa

MAT PILATES 6:40 p.m.
room 1 with Cindy

AB LAB 6:40 p.m.
gym 3 with Joe

CYCLING 6:40 p.m.
cycle room with Melissa

CYCLING 12:15 p.m.
cycle room with AD

BOOTCAMP 5:30 p.m.
gym 1 & 2 with AD

CYCLING 6 p.m.
cycle room with Melissa

SHALLOW WATER
AEROBICS 6 p.m.
indoor pool with Karen

TBS 6:40 p.m.
gym 3 with Alison

ZUMBA @ 6:40 p.m.
room 1 with Shun

DANCE FUSION 5:30 p.m.
gym 3 with DJ

CYCLING 5:30 p.m.
cycle room with Amy

VINYASA YOGA
5:30 p.m.
room 1 with Laura

RAISE THE BAR 6:40 p.m.
gym 3 with Amy

DEEP WATER
AEROBICS 6:30 p.m.
indoor pool with Deborah

CYCLING 12:15 p.m.
cycle room with AD/Nancy

CYCLING 4:30 p.m.
cycle room with Melissa

ZUMBA @ 4:30 p.m.
room 1 with Sue/Christy

HATHA YOGA 5:30 p.m.
room 2 with Alma

Group Fitness Class Descriptions

* Designated class requires a number from Exeter kiosk. One number per member allowed.

Ab Lab – This is an ab blasting and low back strengthening workout. (30 minutes)

Boot Camp – Tone the body, improve strength and increase endurance through cardiovascular and weight training. (55 minutes)

BLT – (Buns, Legs and Thighs) Sculpt and tone your lower body using stability balls and bands. (55 minutes)

C.S.T. – (Cardio Strength Training) An athletic based cardio and strength training class that appeals to both men and women. Challenge yourself with non-stop speed, total body compound power movements and plyometric and agility drills. (55 minutes)

Cycling – This indoor cycling class will increase cardiovascular endurance. Feel free to bring a padded seat cover or wear padded cycling shorts for comfort. (55 minutes)

Dance Fusion - This aerobic workout is a dance class focused on strengthening and lengthening core muscles while trimming down the hips and thighs. The dance routines combine hip hop, belly dancing and latin moves set to the latest music.

Gentle/Senior Yoga – Targeted towards those new to yoga and those who are recovering from injury. Chairs and props will be used. Some poses will be held longer and final relaxation is extended. A wide variety of alternative poses will be offered. (55 minutes)

Hatha Yoga – An alignment based type of yoga allowing for challenging poses, sequencing and integration of the mind. (55 minutes)

Kickboxing - Burn calories and release tension in this class which combines non-contact boxing and kicking. Motivating music in a cardio class setting will help boost fitness. (55 minutes)

Mat Pilates – A core conditioning mat class aimed to improve posture, balance, flexibility and overall muscle tone. (55 minutes)

Raise The Bar -Raise the Bar on fitness! Tone and tighten muscles while building strength, power and control through the use of weighted bars. This class targets the upper and lower body as well as the core. Additional equipment is used for higher intensity or modification. (55 minutes)

Silver Sneakers Cardio Circuit ®– Mix fun and fitness to increase cardiovascular and muscular endurance with a standing circuit workout. Work the upper body with hand-held weights, elastic tubing with handles and a stability ball. A chair is offered for support, stretching and relaxation exercises. (55 minutes)

* **Silver Sneakers MSROM** ® - Have fun and move to the music through a variety of exercises designed to improve muscular strength and range of movement. Handheld weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support. numbers for the 9:30 a.m. Tuesday/Thursday class only are available at the Exeter kiosk

30 minutes prior for Silver Sneaker members. Remaining numbers are available 10 minutes prior. (55 minutes)

Silver Strength – This class is designed to strengthen muscles, improve balance and increase range of motion. Accessories used in this class include elastic tubing, handheld weights and a ball. Chairs for seating or standing support are optional. (55 minutes)

Step – A cardiovascular and lower body strengthening class utilizing a platform. (55 minutes)

Switch – This interval training class combines cycling and sculpting for the perfect cardio and muscle toning combination. (55 minutes)

TBS (Total Body Sculpt) - The more muscle you have the more fat you burn, so sculpt your body into a fat burning machine! You will use a combination of hand weights, stability balls and resistance bands to strengthen your entire body. (55 minutes)

* **Trekking** – An interval cardio class utilizing various speeds and inclines on treadmills and various programs on the total body trainers in the upstairs cardio area. This class raises metabolism, burns fat, increases energy and improves muscular endurance and mental stamina. This class is limited to 16 participants. Numbers are available at the Exeter kiosk 35 minutes prior to each class. Please specify whether you prefer a total body trainer or treadmill. (55 minutes)

TurboKick ® - Ready to take kickboxing to the next level? Take the ultimate cardiovascular challenge by combining athletic moves, hip hop flavor and easy to follow kickboxing combinations. (55 minutes)

Vinyasa Yoga – This type of yoga allows the participant to transition from posture to posture in a flowing manner while staying connected to the breath. (55 minutes)

Water Aerobics – A cardiovascular and strengthening workout in the water protects joints. (55 minutes)

XFit – A tough circuit of drills consisting of strength and core movements: exercises that challenge both the cardiovascular system and the larger muscles of the body. Improves muscular strength utilizing both free weights and tubing. No choreography, just a great workout. (55 minutes)

Zumba ® - The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. Zumba provides a mixture of body sculpting movements and easy to follow dance steps. (55 minutes)

Zumba Gold ® - Beginners and the older active adult will enjoy this aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It also incorporates a Zumba Chair workout. (55 minutes)

Questions, comments or suggestions?

Contact Amy LaRusso, Program Coordinator, at 751-7508 or alarusso@germantown-tn.gov.